



# SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

JUNE 2023 • PRIDE MONTH



## WHAT'S INSIDE?

In this month's issue we are talking about **Pride Month**, how it became a thing and **LGBTQIA+**.

In this issue, we will explain **what LGBTQIA+ stands for**, give examples of other individuals in this community and offer **support** to those who need them.

## WHAT IS PRIDE MONTH?

**Pride Month** is an annual celebration of the **LGBTQIA+** community. It's a chance to come together and celebrate the freedom to be themselves.

There is a reason as to why it is celebrated in June and that is because of its origin/ roots. It was traced back to the **Stonewall** uprising in New York City in **1969**, which is when the Stonewall riots took place.

These riots were important protests that changed gay rights for a lot of people around the world.

**Pride** is a huge celebration of people coming together in love and friendship to show how far LGBTQIA+ rights have come but also how in some places there is still work to be done.

This month is all about acceptance, equality and celebration but also to **raise awareness** of issues affecting the community such as **homophobia** and the struggles it can cause for members of the LGBTQIA+ community.

Pride Month is all about being proud of who you are no matter who you love. And is dedicated to the **uplifting** of LGBTQIA+ voices, celebration of culture and the support of rights.





## LGBTQIA+ ROLE MODELS

### **Olly Alexander - Frontman for the band Years and Years.**

He is one of the most inspirational young stars and is very outspoken on mental health and LGBTQIA+ rights. He wants to be the role model he wished he had when he was younger.

### **Miley Cyrus - Singer**

She is a proud and outspoken member of the LGBTQIA+ community, as she is pansexual. As well as speaking openly about her own fluid sexuality, Miley is also the founder of 'The Happy Hippie Foundation' which supports LGBTQIA+ and homeless youth - among other 'vulnerable' young people.

### **Demi Lovato - Singer**

She is one of the most open and outspoken stars in music and has been a proud LGBTQIA+ ally throughout her career.

### **Laverne Cox - Actress**

She became the first openly transgender individual to be nominated for an Emmy in 2014. She is also the first transgender person to be on the cover of TIME magazine.

### **Ruby Rose - Australian model, actress, DJ and television presenter**

She came out as a lesbian when she was 12 years old. In 2014, she released her Passion Project 'Break Free', which is a personal short film where she explores gender roles.

Ruby Rose was the first gay superhero character in a TV series and her presence in the mainstream as a genderfluid lesbian feels subversive and important.

## HOMOPHOBIA

Homophobic language is language that is used to abuse, insult, or discriminate against someone based on their actual or perceived sexual orientation. Homophobic language can have negative effects on the mental health and well-being of those who are targeted or exposed to it. Homophobia is something that a lot of people have to deal with and it's heart breaking they can't just be themselves and be accepted.

## HOW TO DEAL WITH IT.

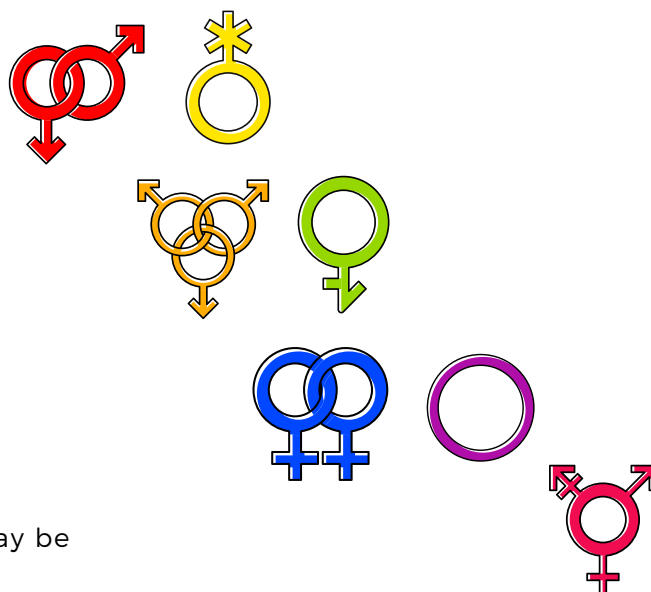
- Try to keep calm and avoid responding to homophobic remarks and actions. It doesn't help anyone if you act negatively.
- Find support from those who love and care about you, you can talk to them and they can help calm you.
- Mental Health therapists can be beneficial to talk to, they won't judge you or tell anyone what you tell them.
- If someone is being homophobic towards you, you can help them understand yourself, if you feel this is something you want to do. You don't have to explain yourself to anyone you don't want to.
- Remove the negative people and negativity out of your life.
- Be happy in your own skin and with who you are, people can't take that away from you.
- Acting like you don't care and not showing any reaction can mean the homophobe will get bored with no response and stop.
- Look after your mental health and well - being by talking to friends and family.
- Don't keep it to yourself, if you bottle it up inside it will add up and will become worse.



## WHAT ACTUALLY IS LGBTQIA+?

Although it is now the acronym 'LGBTQIA+' it used to just be 'LGBT' but this has changed numerous times over time in order to be more inclusive of other identities.

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer/ Questioning
- Intersex
- Asexual
- + anything other you may be



No matter what you identify as, it doesn't restrict or stop you from doing anything and everything you want to do.

It does however, let you be happy and proud of yourself!







## FUN FACTS:

- An American Lady called Brenda Howard is known as 'The Mother of Pride' because she organised the first ever Gay Pride March.
- Although Brenda organised the first ever march, the name 'Pride' actually came from L. Craig Schoonmaker who said "A lot of people were very repressed, they were conflicted internally, and didn't know how to come out and be proud. That's how the movement was most useful, because they thought, maybe I should be proud".
- Brighton is the unofficial LGBTQ+ capital of the UK.
- Sao Paulo in Brazil hosts the world's largest Pride Parade.
- There are 20+ different LGBTQ+ flags and all of them have their own meanings, just like the colours of the Pride flag's rainbow. Each flag is used as a symbol of gender identities and sexual orientations. Whilst many in the LGBTQ+ community identify with the traditional Pride flag, ample individuals may feel like they better identify with a certain type of flag instead.



# USEFUL LINKS & FURTHER INFORMATION

*Make a donation for further equality <https://www.stonewall.org.uk/>*

*Find out where your next Pride Event is <https://pride-events.co.uk/>*

**Read up on the Stonewall Riots <https://www.britannica.com/event/Stonewall-riots>**

*If you are struggling and need someone to talk to*

*<https://www.youngminds.org.uk/young-person/blog/coping-if-you-don-t-know-where-you-fit-in-during-pride-month/>*

*<https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/mental-health-support-if-you-are-gay-lesbian-bisexual-lgbtq/>*

## 9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

### [View our Prevent Leaflet](#)

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

## BRITISH VALUES

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

## OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

[Report a Safeguarding Issue](#)



For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).